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NEWS WORTH SHARING.

SOCHI WATCH

• **7:45 a.m.** Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe, led by medal favourite Mike Riddle, who's the 2012-13 overall World Cup champion.

• **9:15 a.m.** Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. GREG DOWNS/FOR METRO

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Worker's mine death being investigated

PotashCorp's Cory facility. 31-year-old man killed after being struck by falling ore while underground

A worker has been killed after an incident at a potash mine just outside Saskatoon.

Officials with Potash Corp. of Saskatchewan say some ore fell on top of the man while he was underground at its Cory mine on Monday morning.

Co-workers tried to resuscitate the 31-year-old, said company spokesman Bill Johnson.

"The crews working with this individual tended to him right away underground, administering CPR," Johnson said.

"He was brought to the surface and he was taken to hospital by ambulance."

He later died in hospital, Johnson said.

Another person was also taken to hospital, but was not seriously injured.

"It was a very sad day at PotashCorp," Johnson said.

The mine has temporarily shut down as workplace safety officials investigate.

"We have rather extensive procedures in place to prevent ground fall, to ensure that the integrity of our mine is safe," he said.

"We brought the crew up and everyone up to surface. We had meetings with our employees and everyone was sent home. We will certainly make counselling available to anyone who needs it."

Tragedy

"We have rather extensive procedures in place to prevent ground fall, to ensure that the integrity of our mine is safe."

PotashCorp spokesman Bill Johnson

Johnson said it's not clear what caused the accident. He added that the company's mines are routinely inspected for safety.

The last time there was a serious ground-fall incident at a PotashCorp mine was in 2005 at the Lanigan mine.

THE CANADIAN PRESS/CKOM

THE VIRTUES OF SILVER

The ice dance team of London, Ont.'s Tessa Virtue and Ilderton, Ont.'s Scott Moir did everything right Monday in Sochi, Russia, but it wasn't enough to capture their second Olympic gold medal in a row, as Americans Charlie White and Meryl Davis edged them for the crown with a flawless program of their own. Olympic coverage, pages 4 & 13-14. THE ASSOCIATED PRESS

Retail

Co-op purchases south Regina Safeway location

A Safeway store in south Regina will become the city's newest Co-op grocery store this spring.

Federated Co-operatives Ltd. announced it has purchased the store at 3801 Albert St., as well as 13 other Safeway outlets in Western Canada, from national grocery giant Sobeys.

Following its purchase of all 213 Safeway stores in Canada last year, Sobeys has been required to sell off 23 of those outlets as part of an agreement with the national Competition Bureau.

Co-op has also bought a Safeway location in Saskatoon.

METRO

Crime

Police in need of tips after series of armed robberies

Police in Regina are appealing to the public for assistance after four armed robberies.

Police suspect one man is responsible for the hold-ups that occurred at businesses in a four-day span last week.

The first robbery occurred on Feb. 12 at a gas station on the 4500 block of Albert Street. A man with a knife demanded and received cash from an employee.

The other businesses robbed are a restaurant on the 300 block of Albert, a restaurant on the 100 block of McDonald Street and a financial institution on the 2700 block of Avonhurst Drive.

Police said all the incidents occurred at night, and without injuries to the employees.

The robber is described as white, 30 to 50 years old and about six feet tall and with a medium to heavy build.

Anyone who has information that could assist in the investigation is asked to contact the Regina Police Service at 306-777-6500 or Crime Stoppers at 1-800-222-8477.

METRO

Family Day, mild weather combine for outdoor fun

RCMP Heritage Centre. Mounties' Arctic Adventures event gives kids an idea of what it's like to police up North

ROSS ROMANIUK
ross.romaniuk@metronews.ca

So many Family Day activities, so little time.

But families that turned out at the RCMP Heritage Centre on Monday made the most of a few hours available there for some winter fun.

The Arctic Adventures showcase held by the Mounties at their Dewdney Avenue complex was one of several events organized across Regina to celebrate the provincial holiday, falling annually on the third Monday of February.

"The theme is around what it's like to live and work, from a policing perspective, in the Arctic," Bianca McGregor, director of marketing for the Heritage Centre, told Metro while activities were well underway.

"We want to give kids a fun activity that's educational, but also gets them outside and into the fresh air — and gets them trying things that maybe they wouldn't normally do."

To some children, that meant climbing onto a sled to be pulled by Caly and Lingo, husky dogs put through their paces by their owner Marty Hovind.

"I'm going to run beside and make a bit of a loop," Hovind told a crowd of youngsters and their parents.

"Who would like to go for a ride?"

He had no shortage of takers, who clearly appreciated the mild temperatures that had arrived with the holiday.

"There are so many people, and so many kids," Arthur Rekshta, there with his wife and young son, said of the turnout.

"To see these dogs, to see the culture — this is perfect. It's a great day."

Midway through the Arctic Adventures event, it had already attracted more people — also for snowshoeing, mock ice-fishing, a scavenger hunt and other activities — than the estimated 350 who attended last year.

The Royal Saskatchewan Museum and the Saskatchewan Science Centre were among the local attractions that also held events for Family Day.

Marty Hovind, rear right, saw no shortage of excitement surrounding dogs Caly and Lingo at the RCMP Heritage Centre on Family Day, as he offered rides on a sled pulled by the canines. ROSS ROMANIUK/METRO

Roundtable addressing 'growing housing crisis'

Mayor Michael Fougere will host a roundtable meeting on Tuesday on local housing issues as part of a nationwide campaign urging Ottawa to take action on Canada's housing shortage.

"The purpose of the meeting is to gauge local opinion and views of those in the housing industry (on) how the federal government can more actively be involved in housing," Fougere said on Monday of the event at Hotel Saskatchewan.

"The call is to have a national program for housing. The federal government seems to be moving away from that."

The discussion is one of many to be held across the country as part of a Federation of Canadian Municipalities campaign seeking a national housing strategy.

The roundtable comes on the heels of what the FCM has labelled a "disappointing" federal budget earlier this month. The municipal lobbying organization says the draft budget doesn't address Canada's "growing housing crisis."

Fougere points to the federal government's lack of clarity on whether it will renew a number of soon-to-expire agreements with the Canada Mortgage and Housing Corp. as a threat to the local housing market.

"When these programs expire — and there is no sense they will renew them — we're going to be seeing some difficulties locally and regionally," he said.

Other participants at the roundtable session will be representatives from Carmichael Outreach as well as Habitat for Humanity and Silver Sage Housing Corp.

Discussions at the meeting, Fougere said, will make their way into a report from the FCM to the federal government urging greater involvement in housing.

MARCO VIGLIOTTI/METRO

Students trapped, killed after roof collapses in South Korea

Investigation continues. Recent heavy snowfall contributed to disaster at freshmen ceremony attended by over 500

The roof of a resort auditorium collapsed during a welcoming ceremony for South Korean university freshmen, killing nine and likely trapping about 10, officials said Monday.

The dead included seven students and an adult; officials weren't sure if the ninth victim was a student. About 80 people were sent to hospitals with minor injuries, according to officials at the state-run National Emergency Management Agency.

Recent heavy snow, sleet and icy roads hampered rescue operations after the roof's collapse. Emergency staff worked to pry students from beneath twisted metal and rushed the injured on stretchers to waiting ambulances. Officials initially estimated that 17 people were seriously injured but later said the injuries weren't severe.

South Korean media reported that the heavy snowfall was believed to have resulted in the collapse, but the cause was still being investigated.

About 560 students from Busan University of Foreign Studies had been scheduled to attend a two-day freshman orientation at the Manua Ocean Resort in the southeastern city of Gyeongju and were in the auditorium when the roof collapsed, the officials said. An official had earlier incorrectly said there were a total of 1,000 students at the resort.

Many of the students managed to get out of the building by themselves, officials said.

THE ASSOCIATED PRESS

A woman trapped in the rubble of a collapsed resort building waits to be rescued in Gyeongju, South Korea, Monday. South Korean police and news reports say dozens of university students were feared trapped after a building's roof collapsed because of recent heavy snowfall. LEE SANG-HYUN/YONHAP/THE ASSOCIATED PRESS

Co-pilot hijacks own flight, asks Swiss for asylum

Police stand on the stairs after passengers were evacuated from a hijacked Ethiopian Airlines plane at a Geneva, Switzerland, airport on Monday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling. Only then did the passengers — bound for Italy from Addis Ababa — realize something was terribly wrong.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a prison cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door. Another said he was terrified "for hours" Monday as the plane careened across the sky.

The jetliner carrying 200 passengers and crew took off from the Ethiopian capital on a flight to Milan and then Rome, but sent a distress message over Sudan that it had been hijacked, an Ethiopian official said. Once the plane was over Europe, two Italian fighter jets and later French jets were scrambled to accompany it.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody after surrendering to Swiss police.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon told reporters. He "wanted asylum in Switzerland."

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition. Geneva police said he claimed he felt threatened at home.

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N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

Rainbow-clad LGBTQ activist detained in Sochi

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia, Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both English and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers.

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

THE ASSOCIATED PRESS

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CANADA'S ECONOMIC ACTION PLAN

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Teen hormone levels could predict depression

Mental health. Boys with high levels of cortisol and mild depression 14 times more likely to develop major depression later

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says.

Researchers at the University of Cambridge measured the stress hormone cortisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life than those with low or normal cortisol levels.

Quoted

"This is the emergence of a new way of looking at mental illness."

Professor Joe Herbert, author of the study on searching for physical markers in the body to understand psychiatric illnesses

The researchers observed more than 1,800 teenagers aged 12 to 19 and although the test was tried on teenage boys and girls, it was found to be most effective with boys.

Girls with similarly elevated cortisol levels were only up to four times more likely to develop major depression.

Dr. Carmine Pariante, a professor of biological psychiatry at the Institute of Psychiatry at King's College London said the gender-specific hormones — androgen for males and estrogen and progesterone for females — might react differently to cortisol and could explain the difference in risk for teenage boys and girls.

"This is the emergence of a new way of looking at mental illness," Joe Herbert of the University of Cambridge and one of the study authors said at a news conference on Monday. "You don't have to rely simply on what the patient tells you, but what you can measure inside the patient."

About one in six people suffer from clinical depression at some point in their lives, and most mental-health disorders start before age 24. There is currently no biological test to spot depression.

THE ASSOCIATED PRESS

Panty raid. Russian ban on lacy lingerie enrages female consumers

A trade ban on lacy lingerie has Russian consumers and their neighbours with their knickers in a twist.

The ban will outlaw any underwear containing less than six per cent cotton from being imported, made or sold in Russia, Belarus and Kazakhstan. And it has struck a chord in societies where Victoria's Secret is a panty paradise compared to Soviet-era cotton underwear, which was often about as flattering and shapely as drapery.

Although the ban — first outlined in 2010 by the Eurasian Economic Commission — won't go into effect until July 1, consumer outcry against it already is reaching a fever pitch.

On Sunday, 30 women protesters in Kazakhstan were arrested and thrown into police vans while wearing lace underwear on their heads and shouting, "Freedom to panties!"

The Eurasian Economic Commission declined to comment Monday, saying it was preparing to issue a statement.

THE ASSOCIATED PRESS

Women hold up lace underwear during a protest against the upcoming ban on synthetic underwear in Almaty, Kazakhstan. VLADIMIR TRETYAKOV/THE ASSOCIATED PRESS

Government surveillance

Refugee urges investigation into Ethiopian gov't cyberattack

An Ethiopian refugee is urging British authorities to open an investigation after experts found traces of sophisticated surveillance software on his computer.

Tadesse Kersmo accused the Ethiopian government of deploying the software to spy on his Skype calls with other members of the country's opposition, excerpts of which later ended up on the Internet. Kersmo, who was granted asylum in Britain, enlisted the help of London-based Privacy International to file a complaint with Britain's National Crime Agency on Monday.

Kersmo is one of several expatriate Ethiopians who've found themselves at the receiving end of powerful cyberattacks. Last year U.S.-based opposition figure Berhanu Nega said he and his colleagues were purging their computers following apparent hacking attempts.

THE ASSOCIATED PRESS

All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent

MIKE DONACHIE
Metro in London, Ont.

Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London, Ont. CONTRIBUTED

Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London, Ont., are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness co-ordinator.

Last week, with help from the City of London's Hire One campaign the video games company's office in southwestern Ontario added Jacqueline Malison to its staff. It's her job to make everyone happy and, with 50 staff to smile for, it's a big task.

"One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness co-ordinator is there to, well, co-ordinate all that happiness.

She organizes events and comes up with ideas. So far, everyone's, ahem, happy with having a few smiles while hard at work.

Rail industry on track to study risk of carrying oil

At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at risks posed by trains that carry hazardous liquids throughout North America. THE ASSOCIATED PRESS FILE

Plans to perk up

Tim Hortons rrrolls up financial results later this week

A refreshed vision for Tim Hortons begins to take shape this week as the company releases details on its financial results, and how it plans to remain innovative in the highly competitive Canadian coffee market.

The chain will reveal the strategy in two stages, starting on Thursday with its year-end financial results. THE CANADIAN PRESS

Eastern Africa

Giant $23.7M solar field being built in Rwanda

A Dutch company said Monday it has begun construction of a solar field in Rwanda in what it said would be the first such large-scale project in eastern Africa. Gigawatt Global Coopereratief said it had closed the $23.7 million US financing for the project. THE ASSOCIATED PRESS

Public hearings

All aboard for high-speed trains in New York state?

New York transportation officials are setting up public hearings to discuss options for an idea that has been kicked around for years but has yet to leave the station: high-speed passenger rail service. THE ASSOCIATED PRESS

Harper. More air-travel links between Canada, Mexico to be unveiled

Prime Minister Stephen Harper was in Mexico City Monday with a plan that could pave the way for getting rid of his host's biggest complaint about Canada — the onerous visa on Mexican travellers.

Trade Minister Ed Fast, who is also in Mexico, has been authorized by the federal cabinet to sign an expanded airline access agreement with Mexico, The Canadian Press has learned. That agreement would allow Mexican airlines greater access to more cities, and Canadians more direct flights to Mexico. THE CANADIAN PRESS

Work Prep Week!

5 Professional development workshops and classes February 24-28

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Job Search Workshop: This workshop helps partcipants to develop personal employability marketing tools. This workshop is ideal for people interested in entering the job market, or are interested in looking to change jobs.

WHMIS: WHMIS stands for Workplace Hazardous Materials Information System. It is a nationwide system to provide informatiton on hazardous materials used in the workplace. This 1/2 day course will provide the atendees with basic informaton about WHMIS, such as: Labeling, Material Safety Data Sheets (MSDS) Worker Educaton. Exam to follow each class.

First Aid and CPR: This course prepares you to deal with the everyday bumps and scrapes of home and work as well as the skills needed to save a life. We believe that everyone should be prepared to respond in an emergency situaton.

Food Safe Level 1: FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

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ESTHETICS OVER ATHLETICS

SHE SAYS

Jessica Napier
metronews.ca

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the INBF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead or lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!

ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.
GETTY IMAGES

Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.

The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait

IRENE KUAN
Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Online Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.

Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.
Stuart Rudolph, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

DVD review

On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of A Prophet or Donnie Brasco or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in The French Connection. Extras include deleted scenes and a making-of featurette. **PETER HOWELL**

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life. Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary

Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary The Lady in Number 6: Music Saved My Life, which was made by a Canadian crew. KIERAN CRILLY /THE CANADIAN PRESS

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary The Lady in Number 6: Music Saved My Life. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except .... "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for You Don't Have to Die, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material," said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for Prisoner of Paradise, which chronicled Kurt Gerron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind.

"I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. "I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "high-falutin," he says The Lady in Number 6 is about the indomitability of the human spirit. **THE CANADIAN PRESS**

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of The Lady in Number 6: Music Saved My Life

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

John Krasinski and Emily Blunt ALL PHOTOS GETTY IMAGES

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today," the former Office star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

The Word

Taylor's fall for Gyllenhaal was all too Swift

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song The Moment I Knew chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) Red." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."

J.K. Rowling

New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The Silkworm sees the return of detective Cormoran Strike, the ex-soldier hero introduced in The Cuckoo's Calling. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

The Cuckoo's Calling initially attracted little notice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The Silkworm will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS

A promotion may be closer than you think.

Search from over 650 new jobs posted every day.

Tired of working the late-night shift? With the most job postings from Canada's top employers, we'll help you find a new job with prime time hours. It's what makes Workopolis Canada's number one job site.

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

LIFE 3

Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

GABBY BERNSTEIN
Metro World News in New York City

Paying attention to how you breathe will help to shift your mood. ISTOCK

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly.

It's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.
All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.

Turn your mood upside down.
One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.
The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

For your phone

Jabra Sport Wireless+ (iPhone/Android) 4 Stars/ $99.95

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Adjust the shape of these wireless earbuds and you can comfortably lock them to your ears for tangle-free exercising.

They include an FM radio, can answer phone calls, and although not fitness trackers themselves, can connect to apps that are.

Half-Off

Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.

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You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about $1,611 a month to keep a roof over your head, $650 on food, $280 a month on clothes, $936 on transportation (jeez, really?), and $309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

The average Canadian spends $650 a month on food. ISTOCK

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Can't Wait To File?

Q When can I file my return?

A I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q I haven't filed a tax return in five years. What is the best way to catch up?

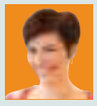
A My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

Visit *hrblock.ca* for a location near you

Cheat your way to quick, tasty Chana fit for a weeknight meal

Health Solutions

A can away from healthy choices



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Hey Chickie! If you have yet to discovered the delicious benefits of chickpeas, we can't be friends.

A can costs a buck-20, feeds four, adds all kinds of tastes and brings bags full of benefits to the table.

• One study showed that a mere half a cup of beans or chickpeas can reduce peripheral artery disease. The arteries in the periphery of your body (legs and limbs) can clog up long before your heart does and are a good indication of your general circulation.

• Chickpeas are high in protein and have adequate carbs as well as fibre to keep you feeling full without animal protein. Just about every study says that the reduction of animal protein and leaning toward the bean-rich Mediterranean diet is the healthiest way to go.

• Chickpeas and other beans bring high phenolic content to combat the wear and tear on cells.

It isn't hard to open a can, drain and add to salad or soups to instantly boost the nutrients and taste.

Chickpeas are the main ingredient in hummus, and in kitchens around the world beans whole are added to stews or ground into high protein, gluten-free flour. What have you got to lose?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

There is no way I would disgrace the ancient art of Indian cooking and call this a true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty as heck and a crowd-pleaser. A simple side of sautéed spinach and an extra bottle of beer is all you need to make this weeknight meal a true treat.

1. Warm a large skillet or wok over medium high heat and add butter.

2. Slice onion and add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes

Under the provisions of *The Alcohol and Gaming Regulations, 1997*

Notice is hereby given that **101199879 Saskatchewan Ltd.**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Restaurant**
(Tavern/Restaurant/Special Use/Manufacturer)

Permit to sell alcohol in premises known as **Bombay Restaurant**
(Name of establishment)

at **2143 Albert Street Regina, SK** for which the following is a correct legal description:
(civic address ie. street/town
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Lot 11 Block / Parcel 404 Plan No. OLD 33 Extension 0
2143 Albert St, City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Under the provisions of *The Alcohol and Gaming Regulations, 1997*

Notice is hereby given that **101242581 Saskatchewan Ltd.**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Restaurant**
(Tavern/Restaurant/Special Use/Manufacturer)

Permit to sell alcohol in premises known as **Bocados** at **2037 Park Street Regina, SK**
(Name of establishment) *(civic address ie. street/town)*

for which the following is a correct legal description:
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Block B Plan No.90R02904
2037 Park St, City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Under the provisions of *The Alcohol and Gaming Regulations, 1997*

Notice is hereby given that **Kelly Remple and Sonja Clifton-Remple**
(Name of applicant: individual/corporation, etc)

have applied to the Liquor and Gaming Authority for a **Special Use – Salon Spa**
(Tavern/Restaurant/Special Use/Manufacturer)

Permit to sell alcohol in premises known as **Studio S Fashion House**
(Name of establishment)

at **3221 E Quance St, Regina, SK** for which the following is a correct legal description:
(civic address ie. street/town
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Block B4 Plan No.101914871 Ext 0 Surface Parcel 162111653
3221 E Quance St, City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Virtue, Moir take silver in curtain call

Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well.

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That program was our baby and it's special for us to perform it for the last time."

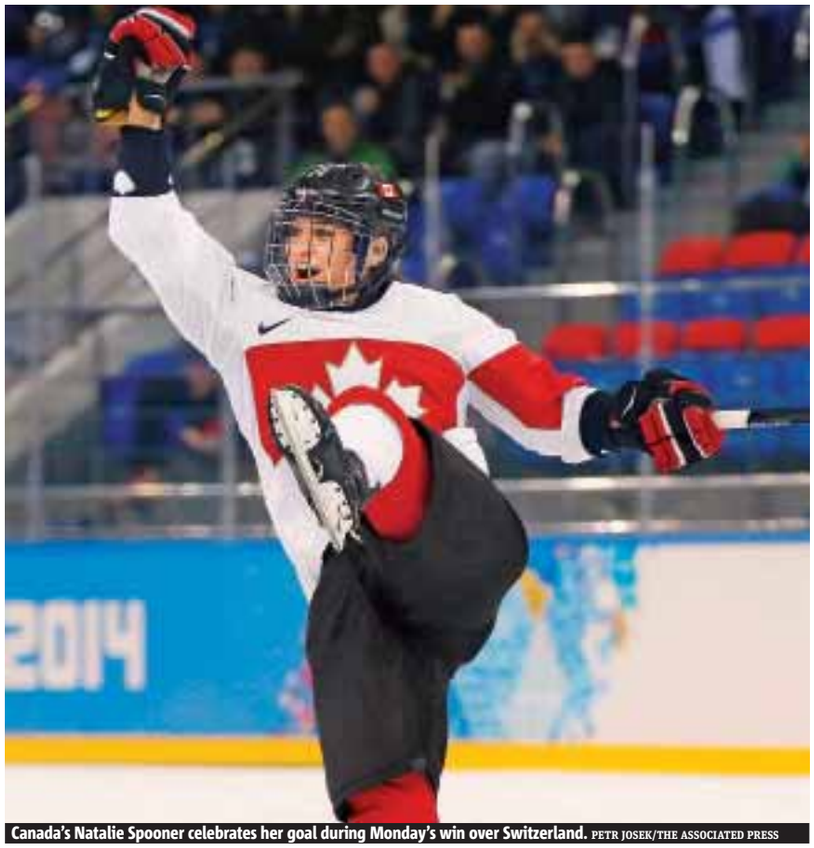
"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS

4 SPORTS



Canada's Natalie Spooner celebrates her goal during Monday's win over Switzerland. PETR JOSEK/THE ASSOCIATED PRESS

Canada to battle U.S. for the gold

Hockey. Women's super powers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done.

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Toronto forward Natalie Spooner and Mélodie Daoust of Valleyfield, Que., scored their first goals of the tournament. Spooner scored twice.

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

Canada outscored the opposition 46-2 heading into the 2010 final against the U.S.

With other countries so far behind them, the Canadian team worried about staying game-sharp, so they scheduled an extra, secret game against a local boys team between the preliminary round and the semifinal.

But the Canadians have been challenged in Sochi. Monday's semifinal was the closest result ever in women's hockey between Canada and Switzerland. The Swiss offence was more audacious because of their confidence in their goaltender.

The Canadians pumped 48 shots at Schelling compared to almost 70 in a 5-0 win over the Swiss to open the tournament. THE CANADIAN PRESS

Rubber stopper

224

Switzerland goalie Florence Schelling has faced a tournament-leading 224 shots in her five games and is carrying a save percentage of 91 per cent.

CFL

Riders bolster roster, trade away draft picks

The Saskatchewan Roughriders have acquired the eighth pick in the first round of the 2014 CFL draft plus non-import punter Josh Bartel and Canadian lineman Shomari Williams in a trade that saw the Hamilton Tiger-Cats get the ninth pick and 11th overall.

Bartel, who is from Australia, punted 229 times for 9,904 yards with a 43.2 average in two seasons with the Ticats.

Williams, the first overall pick by Saskatchewan in 2010, signed with Hamilton as a free agent a year ago and had one defensive tackle and one special teams tackle in just six games with the Ticats last season.

The Roughriders acquired the 11th overall pick in an Oct. 6 trade with the Winnipeg Blue Bombers.

The Ticats now have the ninth, 11th, 17th, 44th, 52nd, 53rd and 62nd selections in this year's draft.

THE CANADIAN PRESS

WHL. Pats harvest crucial points from Wheat Kings

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Pats continue to create distance between themselves and the East Division rivals nipping at their heels.

Riding the strength of a three-goal second period, the Pats blew past the Brandon Wheat Kings 4-0 Monday afternoon in front of a boisterous hometown crowd at the Brandt Centre.

With the victory, the Pats (31-22-6) moved two points ahead of the Swift Current Broncos and four points up on their southwestern Manitoba rivals for first place in the East Division.

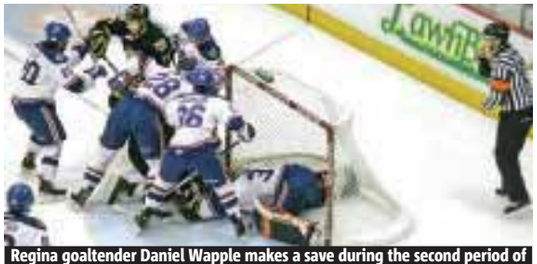
The Wheat Kings (28-24-8) struggled all game to generate any semblance of an offensive presence and passed up a prime opportunity to tie the Pats atop of the division.

In fact, the final score flattered a Brandon side who struggled to stay out of the penalty box and were unable to capitalize on their own chances with the man advantage.

Dyson Stevenson led the way offensively for the Pats, picking up two goals, including a power play marker early in the second period that held up to be the game winner.

Carter Hansen and Morgan Klimchuk also scored for the hosts.

Daniel Wapple was once again solid between the pipes for the Pats, making 23 saves for the shutout. Jordan Papirny made 35 stops in a losing effort.



Regina goaltender Daniel Wapple makes a save during the second period of Monday's victory over the Brandon Wheat Kings. MARCO VIGLIOTTI/METRO

MEDALS

Through Monday's Events (60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	**4**	**7**	**4**	**15**
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont.), seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the **silver medal** with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	**7**	**2**
x-China(Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth
t — advance to tiebreaker

Monday's results
China 6 Britain 5
Denmark 5 Norway 3
Russia 8 Germany 7
Switzerland 6 United States 3
End of Round Robin
Tuesday's game — Tiebreaker
Norway vs. Britain, 12 a.m.
Wednesday's games — Semifinals
Sweden vs. Norway-Britain winner, 10 a.m.
Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada (J.Jones)	**9**	**0**
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5
South Korea (Kim)	3	6
Russia (Sidorova)	3	6
United States (Brown)	1	8

x — clinched semifinal berth
Monday's results
Britain 9 Russia 6
Japan 8 China 5
South Korea 11 United States 2
Switzerland 10 China 6
Canada 9 South Korea 4
Denmark 8 Britain 7
Sweden 8 Japan 4
End of Round Robin
Tuesday's games — No Games Scheduled.
Wednesday's games — Semifinals
Canada vs. Britain, 5 a.m.
Sweden vs. Switzerland, 5 a.m.

HOCKEY

All Times Eastern

MEN'S PLAYOFFS
Tuesday's games
Qualification Round
Slovenia vs. Austria, 3 a.m.
Russia vs. Norway, 7:30 a.m.
Czech Republic vs. Slovakia, Noon
Switzerland vs. Latvia, Noon
Wednesday's games
Quarter-finals
Sweden vs. Slovenia-Austria winner, 3 a.m.
Finland vs. Russia-Norway winner, 7:30 a.m.
Canada vs. Switzerland-Latvia winner, 12 p.m.
U.S. vs. Czech Republic-Slovakia winner, 12 p.m

WOMEN'S PLAYOFFS
Monday's results
Semifinals
Canada 3 Switzerland 1
U.S. 6 Sweden 1
Sunday's results
Qualifications
(Fifth-Eighth places)
Finland 2 Germany 1
Russia 6 Japan 3
Tuesday's games
Seventh Place
Germany vs. Japan, 3 a.m.
Fifth Place
Finland vs. Russia, 7:30 a.m.
Thursday's games
Bronze Medal
Sweden vs. Switzerland, 7 a.m.
Gold Medal
Canada vs. U.S., 12 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

♉ Taurus
April 21 - May 21
As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

♊ Gemini
May 22 - June 21
Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

♋ Cancer
June 22 - July 23
Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

♌ Leo
July 24 - Aug. 23
You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

♍ Virgo
Aug. 24 - Sept. 23
You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship – or more. Opposites often match.

♎ Libra
Sept. 24 - Oct. 23
If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

♑ Capricorn
Dec. 22 - Jan. 20
Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

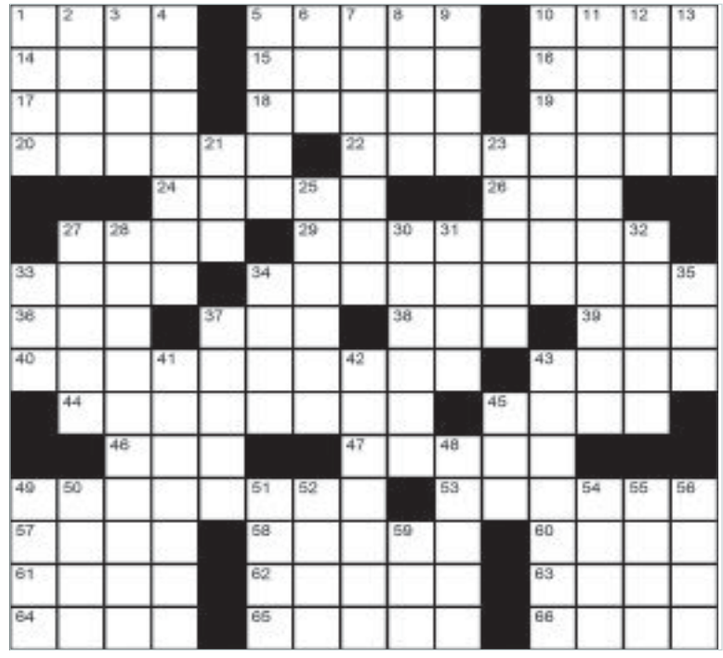
♒ Aquarius
Jan. 21 - Feb. 19
People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

♓ Pisces
Feb. 20 - March 20
The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

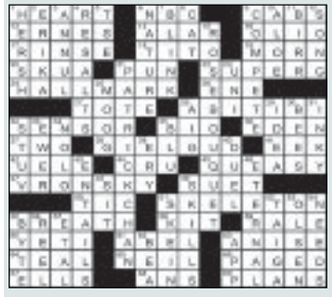
BY KELLY ANN BUCHANAN



Across
1. Half, in Hull
5. Chocolate substitute
10. Terrestrial stage newts
14. With, in Montreal
15. Plant source of tequila
16. "There ought to be _ __ against that!"
17. Give out
18. Resin in varnish
19. Chinook salmon
20. "Survivor" host Jeff
22. Can be united, as opposed to being a foe
24. Mineral water brand
26. Farm enclosure
27. Nylons shade
29. Shirtsleeve jewellery
33. Unforeseen complication
34. Matters of more importance
36. __ and yang
37. SOCHI 2014 - Abbr. for Zagreb's land
38. Sass
39. Miracle-__ (Plant food brand)
40. Russian souvenir, __ doll (Nesting doll)
43. Leg part
44. SOCHI 2014 - Western __ Mountains
45. Objections
46. Puny, puny-ly
47. Vacuum cleaners brand
49. Missed calls 'game': 2 wds.
53. __ Valley, in western Newfoundland
57. "I never promised __ _..."
58. SOCHI 2014 - 'Official Timekeeper' of the Olympics
60. Cincinnati's home
61. Bewitched
62. Ursa __ (Constellation)
63. Do some garden work
64. Moulding style
65. English class assignment
66. Space letters

Down
1. A bit wet
2. By any chance
3. "From __ __ You" by The Beatles
4. SOCHI 2014 - __ Skating Palace
5. Desert dwellers
6. In the past
7. Easter Island: 2 wds.
8. Long circle
9. Canadian telecom company
10. What to do in the kitchen's table: 3 wds.
11. 1975 Rush album: 3 wds.
12. Unit of weight in China
13. Popeye comics kid, __'Pea
21. "Law & Order: _ _ _ "
23. Long Island resort town
25. Over
27. Very early computer
28. Type of melon
30. Like Arlo Guthrie's music
31. Cold, as water in Spain
32. Ms. Russell, and namesakes
33. Type of orchestra, for short
34. Malayan sailing boat
35. Jr. family member
37. Recurring process
41. Destroy
42. Actress Vanessa
43. Gordon Lightfoot song
45. Ghost's shout!
48. Chilling
49. Prefix meaning 'Fire'
50. Author, Tami __
51. Voluminous book
52. Quebec friends
54. Canadian comedian Caroline
55. Geese: French
56. Sci-Fi character
59. Last, __ _ long way

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9							6
		5	2					
1		4		8	9			7
					5		7	9
		1		3		6		
2	7		9					
3			6	1		2		5
					3	4		
4							8	

Friday's Sudoku

7	2	8	1	9	4	5	3	6
1	4	5	2	6	3	8	7	9
9	3	6	5	7	8	1	2	4
8	6	4	3	1	9	2	5	7
2	5	7	8	4	6	9	1	3
3	9	1	7	5	2	6	4	8
5	8	9	4	3	1	7	6	2
6	1	3	9	2	7	4	8	5
4	7	2	6	8	5	3	9	1

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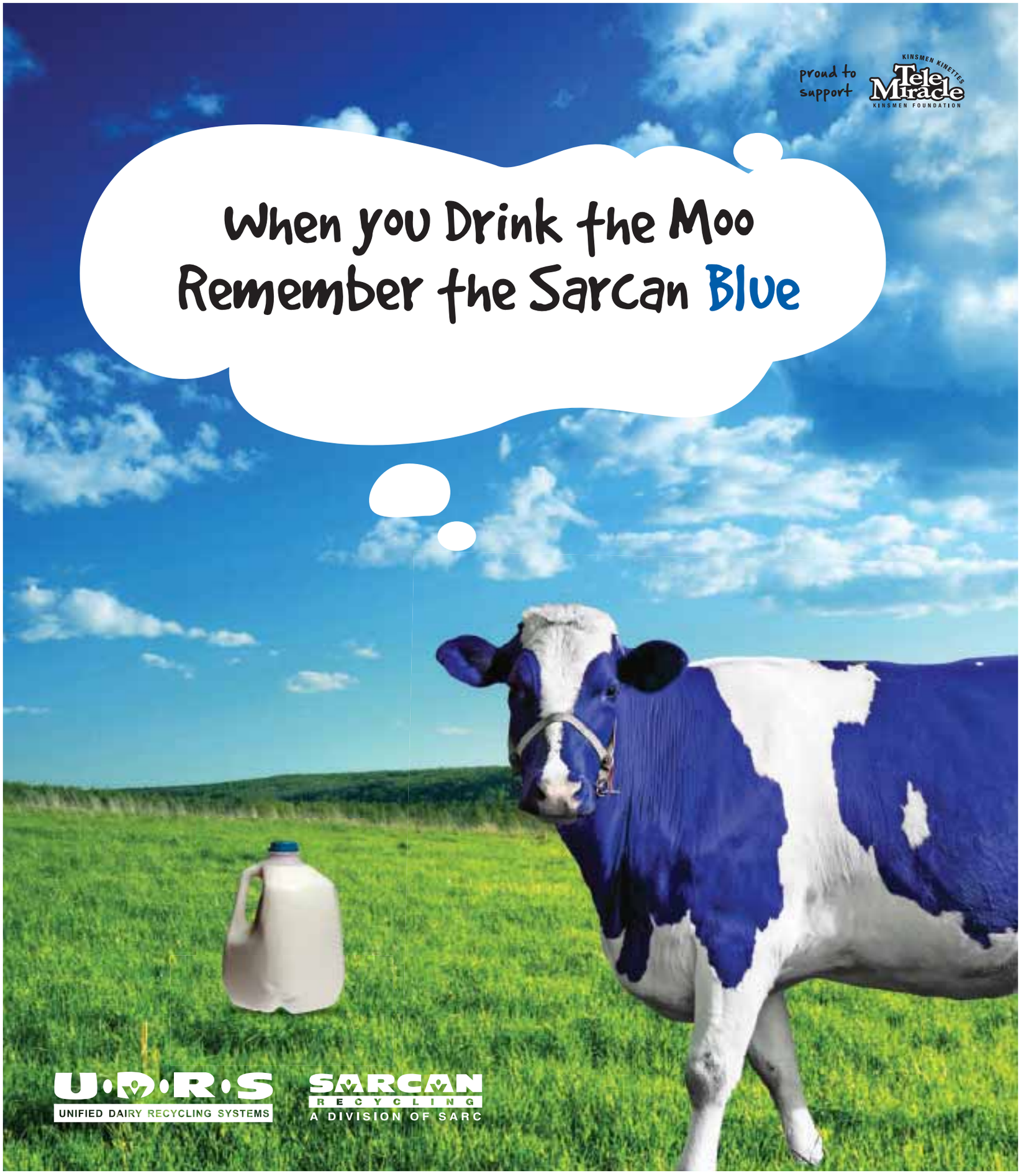
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